



Grade R - 2023

We are delighted to welcome you and your family to Step-Up's Grade R class. We wish your family will be happy here.

At Step-Up, we encourage children to develop a love for learning through participation in a wide variety of activities which consists of physical, intellectual and emotional elements. Our educational program focuses on the physical, intellectual, emotional, social, moral and spiritual aspects of a pre-school child's development.

This ensures a firm foundation that involves all aspects of their development. Routine plays an important role in children's lives, so we have a structured routine that encourages confidence.

We strive to create a safe, happy and loving home-away-from-home environment in which our children feel comfortable and safe for them to develop.

We encourage our children to communicate, share and make themselves heard. They are taught to be responsible, respectful, loving and to be aware of each other's unique individuality.

Our Grade R teacher is Teacher Clarissa.

Curriculum:

We make use of the department of Education's Grade R program to implement our Curriculum. We also utilise a wide array of resources to implement the Grade R program and achieve the desired outcomes.

Since Gr R is the Reception year to the Foundation Phase (Grades 1-3), it differs from the traditional pre-primary program. Gr R gives us the opportunity for year to help learners that they are well prepared for a more formal school program.

At Step Up we also do not believe that Gr R is a watered-down Grade 1, so children are not put behind classrooms desks all day, but rather, they are given the opportunity to learn through play. It is more purposeful and specialized than the Gr RR and RRR program, with more preparation activities for each perceptual facet.



Our classroom must be a safe haven for the children, so we avoid a traditional formal atmosphere and keep the classroom child-friendly where children can experiment freely and develop their skills. Although our program offers a lot of flexibility in the activities, there is a fixed routine and structure in the classroom.

Our Grade R program complies with the requirements of the Department of Education's National Curriculum Statement (CAPS) and focuses on learning outcomes, namely Home Language, Mathematics and Life Skills.

The activities of the Gr R program are structured to develop the child holistically in an informal way. Learners learn creative thinking and fine-motor skills through creative activities. Music and drama form a large part of our program and language skills are developed through theme discussions, storytelling and dramatization, rhymes and songs.

Outdoor play develops and builds good gross motor skills, balance and hand-eye coordination. Writing skills include patterns, cutting, drawing and colouring skills. A concrete approach to mathematics is introduced. Incidental reading and sound awareness are of the skills to which learners are exposed.

Information is sent to the parents on a regular basis according to the themes covered in class. The teacher will sometimes request necessities (which are usually in all households such as cans, elastics, caps, plugs). Please send these items to school as requested, as this will greatly facilitate the teacher's task. Please talk to your child about the themes covered and encourage feedback from them.

What to bring to school

- I set of comfortable clothes and a warm jacket for colder days
- Lunch Box consisting of healthy lunch like sandwiches, fruit, veggies. No fussy drinks, no sugary treats like chocolates.
- Water bottle with water/cold drink NO fizzy drinks.
- Sunscreen & Hat Please apply sunscreen before school. We will apply with both outside play times

ALL OF THE ABOVE SHOULD BE MARKED CLEARLY

Communication

You will be added to the whatsapp group where important information is shared daily. We also share pictures and updates on their day. You are welcome to whatsapp or contact any of us during the day, but do consider the teachers are busy with the little ones, so might not respond to messages immediately. For urgent matters you are welcome to contact me directly, and I will make sure the message reach the teachers.



Health

If your child has a fever, spots, a nasty cough or runny nose, a runny tummy (3 times) or vomiting (2 times), we will call you to rather take little one to the doctor or home to medicate.

Medication

1. We prefer not to give medicine.
2. If possible, ask your doctor to give a stronger dose of medicine or antibiotics that can be administered in the morning and afternoon.
3. NO TEACHER WILL ASSUME AND ADMINISTER MEDICINE IF IT WAS PLACED IN THE CHILD S BAG.
4. If it is necessarily that we administer medication, please insert the correct dose in a syringe in a lunch box.
5. All medicines must be clearly marked with the child s name. Please sign the details thereof in the Medication Register: *Name of child, Name of medicine, Dose, Time, Prescription for drug administration and signature*.
6. Medication for chronic conditions (ADHD, Epilepsy, Diabetic, Asthma, Allergy etc.) will only be administered if a copy of the prescription or doctor s note is submitted together with it.
7. Please make sure your child is completely healthy before returning to school.

Discipline

We promote a disciplined and structured environment where we teach children to become more and more independent little learners. They follow a daily routine which creates a safe environment where children knows their boundaries.

School hours and holidays

For the grade R program, the school operates at the same quarterly and holiday periods as the departmental schools and opens for Grade R in January on the same day as the departmental schools which is 11th January 2023.

The whole school is closed for 3 calendar weeks in December, starting 15 December.

School for Grade R pupils starts strictly at 8:00 and the school program ends at 13:00. Pupils must report to class at least 7:50. Aftercare is available until 17:30 during which free play or extra-curricular activities takes place. Please pack extra lunchbox if they stay longer.



Breaks

Make sure pupils eat a healthy breakfast at home. Children have a break at 10:00 and 12:00. Please pack a healthy, balanced lunch and water bottle. Everything must be clearly marked. Avoid / limit sweets (sweets and salty) as well as soda drinks. It is unhealthy and runs out of their bags causing a mess.

Examples of a healthy lunch box include: whole wheat bread / rolls, muffins, cheese, cherry tomatoes, meat, fruit and yogurt. Grade R learners attending after school receive a cooked meal a snack and juice in the afternoon.

Our Grade R s participate in tuckshop on Fridays. R20 per child, which the school will provide. Dates will be communicated and is dependent on activities planned for Fridays:

Assessments

Grade R s receive 4 assessment reports for the year. Although continuous feedback is given about your child s progress, we encourage early intervention, school readiness tests will be helpful if necessary.

School uniform

Compulsory All Grade R pupils must wear their shirt every day with the summer tracksuit / winter tracksuit top if necessary. This helps us to encourage routine, pride and a sense of unity in the school. Summer, they wear any pants, school shirt and barefoot and summer tracksuit jackets if necessary. Winter wear is tracksuit pants, black long-sleeved shirt under school shirt with winter tracksuit top.

All clothing and shoes must be clearly marked.

Extra Curricular Activities

We have a wide variety of extra curricular activites. Swimming is presented by the school as an additional activity. Music Minds is include in the curriculum and at no cost to parents. Other activities which is a favourite among Gr R pupils include House of Tinkerbell (Karate), Action Ball & Soccerstars. The suppliers will do a demo in January and hand out all communication to parents.

SCHOOL READINESS GRADE R

Mom, we kindly ask you to read these guidelines and do the exercises with your child at home. By doing this, you will find that your child will be happy at school and at home!





What is school readiness?

School readiness relates to the child's development on four levels:

1. Social and emotional development
2. Perceptual development
3. Physical or biological ripening level
4. Intellectual development level

A child's social skills and adaptability determines to a great extent how happy the child will be at school.

Motor development

The child's motor development helps him to maintain a healthy and balanced way of life. Under developed motor skills can lead to fatigue, which may lead to restlessness, deregulation and poor concentration and coordination problems.

We give you examples of activities you can do with the child to develop his motor skills:

Gross motor skills: (Collaboration of large muscles in the body)

- Climbing and exploring activities
- Jumping activities (ball games and jumping)
- Balancing activities (gallop, single leg, one leg jump, walk on a line)

Fine motor skills (Collaboration of small muscles in the body)

- Scissor activities and colouring
- Threading
- Peg Boards

Poor motor planning can result in poor work pace and clumsiness and may lead to the child taking longer to learn new skills.

Speech and Language Development

Language development begins at an early age, before reading and writing. The child thinks in language and expresses his mind in language. Grade R learners must communicate effectively through language, art, movement, music and dramatization of fantasy experiences.

Activities

- Re-telling of stories, songs and rhymes
- Answers phone correctly / transfer message correctly
- Child should know name, surname, age, telephone number, address



Emotional and Social Development

- Positive self-esteem development
- Handling emotions
Empathy with others
Appropriate social interaction

Grade R learners who are emotionally and socially unripe, find it difficult to adapt and participate actively in the classroom. They struggle to handle their emotions, unable to tackle new things and work in groups.

Activities

- Be an example for your child by showing that you respect others feelings, beliefs and culture.
- Emphasize your child's positive qualities and help him to process aggression and negative feelings and develop self-confidence.
- Let the child realize that, although you do not accept his wrong behaviour, you still accept and love him as a human being.
- Encourage group play.

Perceptual development Auditory and Visual

It is the accurate observation, organization and interpretation of information sent from the senses to the brain.

Visual perceptual (Information sent from the eyes to the brain)

Activities

- Touch your knee / toes / head with your hand, identify body parts of a doll.
- Place 6 objects on a tray. Child looks about 3 seconds, cover it, child must name what he can remember.
- Build puzzles.

Activities

- Give different assignments eg. Hit your head with your hand and jump twice in the sky.
- Retell of story in own words.
- Say a number or letters and let the child repeat it.
- Sound a word eg. c a t, the child must say what he heard.

The most important thing in life is that you should enjoy your child! You must give your child as much love as possible and accept him for who he is (remember each of us has our own unique personality).



Grade R2023 Stationary List

	Qty	R	Total
Counter book A4 96 pg FT/MARGIN (Soft Cover)	4	4,5	18,0
College Exercise Book 72 page blank (NO LINES)	1	4,5	4,5
HB grey pencils	4	3,0	12,0
Croxley/Amos Glue sticks 36g/40g	6	15,0	90,0
Scissors	1	15,0	15,0
Ruler	1	2,0	2,0
Eraser	1	7,0	7,0
Pencil Sharpener (2 hole)	1	7,0	7,0
Khokis	1	14,0	14,0
Croxley Retractable Wax Crayons	2	39,0	78,0
Croxley Colouring Pencils	3	15,0	45,0
Croxley Wax Crayons (24)	1	15,5	15,5
Oil Pastels	1	20,0	20,0
100 pocket file sleeves	1	40,0	40,0
Craft glue 125ml	1	15,0	15,0
Paint brushes - 4 different sizes	4	13,0	52,0
A3 plastic envelope bags	2	13,5	27,0
A4 Ream of paper	1	80,0	80,0
A3 Ream white paper	1	220,0	220,0
Whiteboard markers Board Master (the clear PILOT brand any colour)	2	22,0	44,0
Black Permanent Markers	2	10,0	20,0
Chalk board duster	1	8,0	8,0
Water paint tray	1	21,0	21,0
Set of coloured playdough	1	35,0	35,0
A4 80g bright coloured paper (50)	2	30,0	60,0
A4 160g bright coloured board (50)	2	55,0	110,0
Pack of laminating pouches (100)	1	105,0	105,0
Giotto ready mix 500ml coloured paint (any colour)	2	44,0	88,0
Puzzles 36 & 60 pcs	2	55,0	110,0
Jumbo Colouring Book 120 pages	1	18,0	18,0
Glitter Glue	1	19,0	19,0
Total Estimated			1 400,0



Upon arrival

1x 26L Clear Storage Container with Black Lid



Cleaning Products

2x Tissue Boxes
6x Packets of wetwipes
2x Handwash
1x Sanitizer
1x Hand towel

1x Sunblock

Gross Motor

1x Ball
1x Jumping rope
1x Hoola hoop

Please mark all items clearly , use storage container above to pack all items.

Please note container must have black lid.